



**COON RAPIDS SENIOR SERVICES**

# Voice of Experience

**JAN/FEB 2016**

## **ELVIS!**

**MONDAY, JANUARY 11**

Celebrate Elvis' Birthday at the Senior Center with Impersonator Todd Anderson! Todd's voice, costumes and moves are perfect, as he delivers the powerful ballads and tender love songs that Elvis made famous. "You Can't Help Falling in Love" with this show! Doors open at 1:00 p.m. and the show starts at 1:30 p.m. Cost is \$5.00 and includes the concert and a banana split refreshment. Payment is due Monday, January 4. Sign up begins immediately and can be done in person or by calling the Coon Rapids Senior Center at (763) 767-6473. Sponsored by Walker Plaza.



## **TAX SERVICES**

**BY APPOINTMENT ONLY!**

**See Page 4 For All The Details!**

## **SPEAKER & AUTHOR JEAN ABBOTT**

***"Misdiagnosed: My Thirty-Year Struggle  
with a Debilitating Disorder I Never Had"***

**Friday, January 15 at 1:00 p.m.**

Jean Sharon Abbott was a presenter at our Senior Safety Camp last fall and was so well received, she is now back for an encore presentation. She will share her story of going from wheels to heels! As a young child, she was misdiagnosed with a form of Cerebral Palsy. After 33 years of countless doctor visits, medical procedures, unnecessary medications and surgeries, she was correctly diagnosed. Now she enjoys all the adventures of her new life but wouldn't change the journey that brought her to where she is today. Recently featured on the Today Show, you will find her story encouraging and inspirational. Cost of \$3.00 is payable by Friday, January 8. Sign up begins immediately by calling (763) 767-6473. Her new book will be made available at the event for \$17 (cash or check), if you would like a copy.

## **NEWSLETTER DONATIONS NOW BEING ACCEPTED!**

Coon Rapids Senior Services is now accepting donations to help offset the cost of printing and mailing this newsletter. It costs approximately \$10.00 per household each year. Your donation would be greatly appreciated (but is completely optional and not required). People who do not live in Coon Rapids are especially encouraged to pitch in and help offset this expense. Your generosity means that we do not have to implement a mandatory membership fee or subscription fee, like some Senior Centers. Feel free to drop your donation off at the Senior Center or mail it to *Coon Rapids Senior Services*, 11155 Robinson Drive, Coon Rapids, MN 55433. For your convenience, a donation envelope has been included with this issue. Thank you!

## **MARK YOUR CALENDARS!**

**The Senior Center will  
be closed January 1 &  
18 and February 15  
for holidays!**

## DAY TRIPS

### **IDEAL PRESENCE DINNER THEATER PRESENTS: JIM BERNER TUESDAY, JANUARY 19**

Take a ride to St. Paul and enjoy a tasty lunch which includes: Baked Seasoned Chicken, Wild Rice, Buttered Corn, Caesar Salad, Light Dessert and Beverage, and then sit back and listen to the smooth Baritone voice with a Big Band sound. Jim tells the stories behind the music and sings and plays the songs of the music legends of pop, country and jazz of the 40's, 50's, 60's and 70's!

**Sign Up:** Begins 9:00 a.m. on Monday, Jan. 4

**Cost:** \$40.00

**Payment Deadline:** Friday, January 8

**Bus:** Departs at 10:45 a.m./Returns 3:30 p.m.

## CALL (763) 767-6473

### **RICKY SKAGGS IN CONCERT AT PARAMOUNT THEATER THURSDAY, FEBRUARY 11**

The first stop is lunch at Coyote Moon Grille. The lunch buffet includes four hot entrees, homemade salad bar and soup, fresh popovers, cookie and coffee. Then we travel downtown St. Cloud for a great show with reserved seating on the main floor. Fourteen Grammy Awards, eight CMA Awards, Billboard's Artist of the Year and Artist of the Decade ... the list is endless of Ricky's Awards over his 50+ year career that started at the age of 6. The Paramount is proud to welcome this legend to the stage for the very first time! (Seats are on the main floor).

**Sign Up:** BEGINS IMMEDIATELY

**Cost:** \$60

**Payment Deadline:** Monday, January 4

**Bus:** Depart at 10:15 a.m./Return 5:30 p.m.

### **PLYMOUTH PLAYHOUSE PRESENTS: THE MUSIC OF JOHN DENVER THURSDAY, FEBRUARY 18**



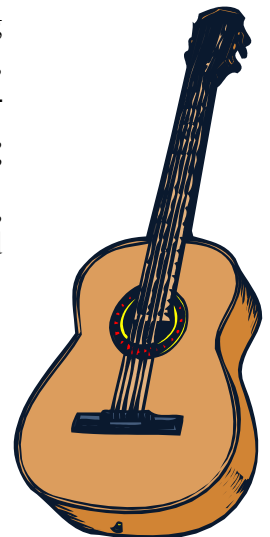
Our day starts with dinner at the Green Mill restaurant (in the same building). Our menu is a Rocky Mountain High BBQ and includes pulled pork, buns, baked beans, corn, coleslaw, pickles, kettle chips, dessert and beverage. Then move to the theater, sit back and enjoy the show: A musical tribute to everyone's favorite country boy, John Denver. Join us for this Plymouth Playhouse debut featuring the greatest hits of America's favorite folk singer, headlined by Dennis Curley and an incomparable six-piece band. Featuring songs like "Take Me Home, Country Roads," "Thank God I'm a Country Boy," and "Rocky Mountain High." These sweet, simple, nostalgic tunes are sure to fill up your senses and have you singing along.

**Sign Up:** Begins 9:00 a.m. Monday, January 4

**Cost:** \$55.00 (includes show, meal & bus)

**Payment Deadline:** Thursday, January 28

**Bus:** Depart at 11:00 a.m./Return 4:30 p.m.



## DAY TRIPS

**CALL (763) 767-6473 TO REGISTER**

### **PARAMOUNT THEATER PRESENTS: THE TEXAS TENORS FRIDAY, MARCH 4**

The first stop is lunch at Coyote Moon Grille. The lunch buffet includes four hot entrees, homemade salad bar and soup, fresh popovers, cookie and coffee. Then we travel to downtown St. Cloud for a great show with reserved seating on the main floor. Since their whirlwind debut five years ago on NBC's America's Got Talent, The Texan Tenors have accumulated a long list of awards, accolades and excited fans. The Texas Tenors bring their unique blend of Country, Gospel, Classical and Broadway style to the Paramount Theater in St. Cloud.

**Sign Up:** Begins 9:00 a.m. on Monday, January 4

**Cost:** \$52.00

**Payment Deadline:** Monday, January 25

**Bus:** Departs at 10:15 a.m./Returns at 5:30 p.m.

### **SCENIC SWANS**

**FRIDAYS, FEB. 12, 19 & 26**

Join us as we ride the Senior Center Bus to Monticello, where almost 3,000 Trumpeter Swans make their winter home on the open waters of the Mississippi River. We'll arrive just in time for their feeding. A short, paved trail will take us to an overview where you won't believe what you see and hear! You are encouraged to wear good, winter shoes, and bring cameras and binoculars! PLEASE SIGN UP FOR JUST ONE OF THESE DATES.



**Sign Up:** Begins at 9:00 a.m. on Monday, Jan. 4

**Cost:** \$5.00 (covers round-trip bus)

**Payment Deadline:** 1 week in advance

**Bus:** Departs at 9:30 a.m./Returns around noon

### **MN HISTORY CENTER**

**TUESDAY, MARCH 8**

Upon arrival at the MN History Center, we'll hear a fascinating talk by author Cathy De Moll. Her book, *Think South, How We Got Six Men and Forty Dogs Across Antarctica*, is an intimate portrait of the remarkable characters and events that form the backstory to the 1989-90 International Trans-Antarctica Expedition - the first unmechanized crossing of Antarctica. Lunch is on your own at Café Minnesota, and then explore at your own pace, the new exhibit called *Suburbia: Land of 10,000 Dreams*. Coon Rapids and Orrin Thompson's building boom are part of this exhibit. See vintage photos of ramblers from the 1950's and walk through a house to learn about the post war building boom and the hope of realizing the "American Dream".

\*The genealogy class will take the bus and work with instructor Cathi Weber in the research library.



**Sign Up:** Begins 9:00 a.m. on Monday, January 4

**Cost:** \$30 + lunch on your own (\$10 genealogy class)

**Payment Deadline:** Monday, January 25

**Bus:** Departs at 9:15 a.m./Returns 3:30 p.m.

### **CHANHASSEN**

### **"BEAUTY & THE BEAST"**

**WEDNESDAY, MARCH 16**

Based on the smash hit 1991 Disney movie and dating back to a late 18th-century classic French fairy tale, *Beauty and the Beast* tells the story of Belle, a beautiful and intelligent young woman who feels out of place in her provincial French village. When her father is imprisoned in a mysterious castle, Belle's attempt to rescue him leads to her capture by the Beast, a grisly and fearsome monster, who was long ago trapped in his gruesome form by an enchantress. The only way for the Beast to become human once again is if he learns to love and be loved in return. There is a time limit, too: once a magical rose loses all of its petals, all hope will be lost and he will stay a Beast forever. Choose your lunch from the menu and then enjoy the show.

**Sign Up:** Begins 9:00 a.m. on Monday, January 4

**Cost:** \$75.00

**Payment Deadline:** Wednesday, February 17

**Bus:** Departs at 10:15 a.m./Returns 5:00 p.m.

## CASINO TRIPS

**Register in person or via phone at (763) 767-6473. Sign up begins immediately. Payment due one week in advance.**

### **MYSTIC LAKE CASINO**

**FRIDAY, JANUARY 29**

Cost of \$22.00 includes \$15.00 back on your card, snack, games, bus and host. Depart at 9:00 a.m. Return at 4:30 p.m.

### **GRAND CASINO—HINCKLEY**

**WEDNESDAY, FEBRUARY 17**

Cost of \$22.00 includes \$10.00 back on your card, snack, games, bus and host. Depart at 9:00 a.m. and return at 4:30 p.m.

#### **ATTENTION:**

Please note that ALL casinos require your casino card number in advance. If you do not have a card, please provide us with your date of birth and address. Then the casino will have a card ready for you upon your arrival. Casino trips are subject to change. Thank you for your cooperation.

## **BREAKFAST BUNCH**

**FRIDAY, JANUARY 29**

Join us at BK Family Restaurant for a tasty breakfast. The bus will pick you up and drop you off at your home for a donation of \$2.00. Or you can meet the group by **8:30** at the restaurant located at 11496 Martin St. in Coon Rapids. Please indicate your transportation preference at the time of registration. The meal, tax and gratuity are paid for on your own. **Sign up begins immediately.**



## **OUT TO DINNER**

**MONDAY, FEBRUARY 22**



Enjoy a night out for a wonderful dinner at Outback Steakhouse. The bus will pick you up and drop you off for a donation of \$2.00. Or you can meet the group by **4:30** at the restaurant located at 8880 Springbrook Drive in Coon Rapids. Indicate your transportation preference at the time of registration. The meal, tax and gratuity are paid for on your own. **Sign up begins immediately.**

**NOTE:** It is important that you sign up with the senior center (even if you drive on your own) so we can let the restaurant know how many spots to set up.

# **FREE TAX SERVICES**

**NEW!!! BY APPOINTMENT ONLY!**

**TUESDAYS & WEDNESDAYS: FEBRUARY 2—APRIL 13**

**Call (763) 767-6473 for a 30 minute appointment.**

**NOTE: Property & Rent Refunds will not be done until May!**

Bring photo ID, last year's completed taxes, proof of social security and all forms needed to file.

For seniors & low-moderate income levels.

**Held at Coon Rapids Senior/Civic Center, 11155 Robinson Drive**

*This service is brought to you by AARP and the Retired Senior Volunteer Program of Anoka County.*

## HEALTH & WELLNESS

### LIVE 2B HEALTHY **Fitness Class**

**Mondays, Wednesdays & Fridays  
8:30-9:30 a.m.**

#### **FIRST SESSION FREE!**

Improve flexibility and balance while increasing muscular endurance. Led by a certified instructor. Classes are \$35.00 per month, but there's no cost to "SilverSneakers" or "Silver and Fit" members. Now accepts most Blue Cross Blue Shield, Medical and Health Partner Plans. First session is free. Bring your insurance card to determine if you will get a discount in the future.

### ***TAI CHI***

Shibashi Tai Chi means 18 movements. Learn about Tai Chi through these gentle stretch movements that will help relieve stress, gain balance and flexibility, and connect your breath to the flowing movement. Wear comfortable clothes and shoes. Instructed by Kareen Platt. Sign up begins immediately. Call (763) 767-6473.

#### **CONTINUING CLASS**

Mondays at 3:20 p.m.  
January 4, 11, 25, February 1, 8, 22 & 29  
7 Sessions—\$42.00 (Due at 1st session)

#### **BEGINNERS CLASS**

Fridays at 9:30 a.m.  
January 8, 15, 22, 29, February 5, 12, 19 & 26  
8 Sessions—\$48.00 (Due at 1st session)

### **SPEAKER**

## **AGING WELL KEEPING YOUR JOINTS HEALTHY AS YOU AGE**

**THURSDAY, JANUARY 14  
10:30 A.M.**

**Speaker: Dr. Bob Vaughn**  
**HealthSource Chiropractic of Blaine**  
**Call 763-767-6473 to reserve a seat.**

### ***YOGA***

Join this free weekly group led by volunteers. No experience needed; the class is open to all. The group meets every Friday at 10:15. Wear comfortable clothing. Mats are provided. No registration is required—just drop in.

### ***FOOTCARE SERVICES***

Mary T. Home Health provides foot care services each month at the Senior Center. This includes a foot soak, nail trim and care of corns and calluses by a nurse. Appointments can be made by calling the Coon Rapids Senior Center at (763) 767-6473. The cost is **\$22.00** and is payable to *Mary T. Inc.* at the time of the appointment. **Bring your own towel.**

## **52ND ANNUAL COON RAPIDS SNOWFLAKE DAYS**

### **SNOWFLAKE BINGO**

**THURSDAY, FEBRUARY 11 AT 1:00 P.M.**

Seniors are welcome to join us for free Bingo with prizes and a Culvers frozen treat. Sponsored by North Ridge Health & Rehab and Culvers Restaurant of Coon Rapids. Held at the Coon Rapids Senior Center. Call (763) 767-6473 to reserve a spot!

**Check out all of the Snowflake Days events at [www.coonrapidsnowflakedays.com](http://www.coonrapidsnowflakedays.com)**



## LIFELONG LEARNING - CALL (763) 767-6473 TO REGISTER

### Minnesota Safety Council DEFENSIVE DRIVING COURSES

Consumers 55+ years of age can receive a 10% automobile insurance discount for 3 years by attending a MN Safety Council Defensive Driving Course. Anyone taking the course for the first time must attend an 8-hour session. Others take a shorter, 4-hour refresher course every three years. Call for a reservation form. Registration and payment must be received 2 weeks prior to the class. **These classes fill up early.** Call (763) 767-6473 to register.

#### **4-HOUR REFRESHER COURSE: \$20.00**

Monday, January 25: 5:30 p.m.—9:30 p.m.  
Monday, February 1: 8:30 a.m.—12:30 p.m.  
Monday, February 22: 8:30 a.m.—12:30 p.m.  
Monday, February 29: 8:30 a.m.—12:30 p.m.  
Monday, March 7: 5:30 p.m.—9:30 p.m.

#### **8-HOUR COURSE: \$22.00**

March 14 & 21: 8:30 a.m.—12:30 p.m.

#### **PLEASE NOTE:**

Classes are also now offered on-line! Sign up at  
**[www.minnesotasafetycouncil.org](http://www.minnesotasafetycouncil.org)**

### THE ABCs AND 1-2-3s OF DE-CLUTTERING

TUESDAY, JANUARY 26  
10:00 A.M.

Is De-Cluttering your New Year's Resolution? If you want to downsize or de-clutter, then this is the presentation for you! Learn tips on how to sort your belongings, identify valuables, when to toss and how to organize your possessions. Presented by Sort-Toss-Pack. No cost to attend, but please sign up in advance.



### JANUARY TEA TALK

#### **"CHARLES LINDBERGH: TRIUMPH, TRADEGY & CONTROVERSY"**

**WED., JANUARY 20 AT 1:30 P.M.**

In 1927, Charles Lindbergh became the first pilot to fly solo from New York to Paris. This feat made him one of the biggest celebrities of his time. However, his life following the flight was filled with tragedy and controversy. Join us to explore the complicated life of a complex man. Presented by David Jones. Refreshments will be served after the presentation. The cost is \$3 payable by

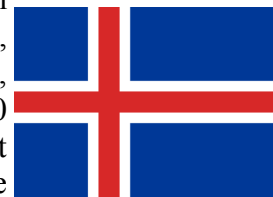
Wednesday,  
January 13.  
**Sign up be-  
gins immedi-  
ately.**



### FEBRUARY TEA TALK "ICELAND"

**WED., FEBRUARY 17 AT 1:30 P.M.**

Photographer Dick Kain went to Iceland in 2000, which was a milestone year, since they celebrated 1000 years of Christianity just after he left the island. The people are quite friendly, getting around is good, there are interesting birds and many waterfalls. Come see lots of water, birds and scenery, plus buildings new and old (including sod roofs). And, of course, he has "pattern shots." Refreshments will be served after the presentation. The cost is \$3 payable by Wednesday, February 10. **Sign up begins immediately.**



# LIFELONG LEARNING

Sign up IMMEDIATELY by calling the Senior Center at (763) 767-6473.

**“MINNEAPOLIS TEAMSTERS STRIKE OF 1934” ON MONDAY, JANUARY 4 AT 1:00 P.M.** The Minneapolis General Strike of 1934 grew out of a strike by Teamsters against most of the trucking companies operating in Minneapolis, a major distribution center for the Upper Midwest. The strike began in the Market District, the modern day Minneapolis Warehouse District and ensuing violence lasted periodically throughout the summer. Led by local leaders associated with the Communist League of America, the strike paved the way for the organization of over-the-road drivers and the growth of the Teamsters labor union. Instructor: Dan Hartman. The cost is \$3.00 payable by Monday, December 28.

**“SALT, SAMOVARS AND SEASONS: HOLIDAYS IN ART” ON THURSDAY, JANUARY 7 AT 10:00 A.M.** Explore the ways that winter holiday celebrations in Russia have sparked the imagination of Russian artists through time. Using historic photographs as well as paintings, this power point presentation will focus on Christmas and New Year celebrations as developed and then transformed through history and revolution. Presented by Carol Rudie Veldman with the Museum of Russian Art. The cost is \$3 payable by Thursday, December 31.

**“PROBATES” ON TUESDAY, JANUARY 19 AT 1:00 P.M.** Even though probates are fairly simple in Minnesota, most people hope to avoid a probate after their death. This class will cover what probate is and why a probate is sometimes necessary when a person dies. We will review the options for setting up your estate plan to avoid probate, as well as the pros and cons of these options. Presented by attorney Jill Adkins. No cost to attend, but please sign up in advance.

**GENEALOGY CLASS—“CEMETERY RECORDS” ON THURSDAY, JANUARY 21 AT 1:00 P.M.** Where to look for cemetery records and what you might find. Instructor: Cathi Weber. The cost is \$5.00 payable by Thursday, January 14.

**“JOHN F. KENNEDY SERIES” ON THURSDAYS, FEBRUARY 4, 11, 18, 25 AND MARCH 3, 10, 17 AND 24 AT 1:30 P.M.** This 8-week course is presented by JB Andersen. Each class will be a stand-alone lecture. JB will cover many topics including JFK’s Early Life, World War II, McCarthyism, 1960’s Debates, Campaign and Election Issues, Foreign Affairs (Summit with Khrushchev, Vietnam, Cuban Missile Crisis), Domestic Issues (Civil Rights, Women’s Rights), Assassination, Jacqueline Kennedy, Death and Wealth. Each class is \$3 payable one week ahead. Please be specific on which dates you would like to attend.

**“THE CRUSADES AND THE WARRIOR MONKS” ON MONDAY, FEBRUARY 22 AT 1:00 P.M.** This course will exam the Crusades called by the Popes to take back the Holy Land during the Middle Ages. It will look at what happened during the Crusades with a focus on certain groups of religious Knights who together are called “Warrior Monks” These were fighting orders of knights who also were part of religious orders. We will exam three such orders: the Knights Templar, the Knights Hospitaller and the Teutonic Knights. Instructor: Dan Hartman. The cost is \$3.00 payable by Tuesday, February 16.

**GENEALOGY CLASS—“FREE ONLINE GENEALOGY RESOURCES” ON THURSDAY, FEBRUARY 25 AT 1:00 P.M.** Look at some websites for free genealogy information. Instructor: Cathi Weber. The cost is \$5.00 payable by Thursday, February 18.


**GENEALOGY CLASS “TRIP TO THE HISTORY CENTER” ON TUESDAY, MARCH 8:** The Minnesota Historical Society Library is the world’s premier library for research about Minnesota’s people, places, history and culture. Genealogy instructor Cathi Weber will be at the library to help you find resources for your genealogy research. The cost is \$10 for instructor and bus fee payable by Monday, February 29. A motor coach bus will leave the senior center at 9:15 a.m. and return at 3:30 p.m. Lunch is on your own at the Café Minnesota located on the main floor. There is no cost to use the library. Registration begins on Monday, January 4 at 9:00 a.m.

Mon	Tue	Wed	Thu	Fri
4 Live 2B Healthy 8:30 Defensive Driving 8:30 Registration 9:00 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Mpls. Teamsters Talk 1:00 Creative Writers 1:00 Red Cross Bloodmobile 2:00 Tai Chi 3:20	5 AA Meeting 9:30 Square Dancing 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Cribbage 1:00 Watercolor 1:00 eBooks 2:00	6 Vets Coffee 8:30 Live 2B Healthy 8:30 Mary T. Footcare 9:00 Stamping Club 9:00 Dining 12:00 Spanish 1:00 500 Cards 12:45 Bunco 12:45 Good Neighbors 1:00 Cub at Riverdale TBA	7 Mary T. Footcare 9:00 Russia Speaker 10:00 Dining 12:00 Pinochle 12:30 Bingo 12:45 Woodcarving 1:00 Spanish 1:00 New Beg. Spanish 2:15	8 Live 2B Healthy 8:30 For Art's Sake 9:30 Tai Chi 9:30 Super Senior Club 10:00 Yoga 10:15 Hand & Foot 12:15
11 Live 2B Healthy 8:30 Quilting 10:00 Dining 12:00 Chess 12:45 Dining 12:00 Creative Writers 1:00 Elvis Show 1:00 Tai Chi 3:20 NO BINGO	12 AA Meeting 9:30 ACCAP Counselor 10:00 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Cribbage 1:00 Masterpiece Book Club 1:00 Watercolor 1:00	13 Live 2B Healthy 8:30 Vets Coffee 8:30 Mary T. Footcare 9:00 Stamping Club 9:00 Dining 12:00 500 Cards 12:45 Bunco 12:45 Good Neighbors 1:00	14 Mary T. Footcare 9:00 Crochet & Knit 10:00 Chiropractor Speaker 10:30 Dining 12:00 Pinochle 12:30 Bingo 12:45 Woodcarving 1:00 Parkinsons 1:00	15 Live 2B Healthy 8:30 For Art's Sake 9:30 Tai Chi 9:30 Yoga 10:15 Hand & Foot 12:15 Jean Abbott 1:00 Shopping/ Andover Walmart TBA
18 CLOSED FOR MARTIN LUTHER KING JR DAY	19 Square Dancing 9:30 AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Theater Trip 10:45 Dining 12:00 Bridge 12:45 Cribbage 1:00 Probate Speaker 1:00 Watercolor 1:00	20 Live 2B Healthy 8:30 Vets Coffee 8:30 Stamping Club 9:00 Dining 12:00 500 Cards 12:45 Bunco 12:45 Good Neighbors 1:00 Spanish 1:00 Tea Talk 1:30	21 Goldentones 9:15 Crochet & Knit 10:00 Dining 12:00 Pinochle 12:30 Bingo 12:45 Woodcarving 1:00 Spanish 1:00 Genealogy 1:00 New Beg. Spanish 2:15	22 Live 2B Healthy 8:30 Feed Children 9:00 For Art's Sake 9:30 Tai Chi 9:30 Yoga 10:15 Hand & Foot 12:15 Shopping/Aldi's TBA
25 Live 2B Healthy 8:30 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00 Tai Chi 3:20 Defensive Driving 5:30	26 AA Meeting 9:30 Decluttering 10:00 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Cribbage 1:00 Watercolor 1:00	27 Vets Coffee 8:30 Live 2B Healthy 8:30 Stamping Club 9:00 Birthday Party/Dining 11:00 500 Cards 12:45 Bunco 12:45 Good Neighbors 1:00	28 Goldentones 9:15 Crochet & Knit 10:00 Book Club 10:30 Dining 12:00 Pinochle 12:30 Bingo 12:45 Woodcarving 1:00	29 Live 2B Healthy 8:30 Breakfast Bunch 8:30 Mystic Lake 9:00 For Art's Sake 9:30 Tai Chi 9:30 Yoga 10:15 Hand & Foot 12:15

# JANUARY





Mon	Tue	Wed	Thu	Fri
1 Defensive Driving 8:30 Live 2B Healthy 8:30 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00 Blood Drive 2:00 Tai Chi 3:20	2 Taxes 8:30-12:00 AA Meeting 9:30 Square Dancing 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Cribbage 1:00 eBooks 2:00	3 Vets Coffee 8:30 Live 2B Healthy 8:30 Taxes 8:30-12:00 Stamping Club 9:00 Mary T. Footcare 9:00 Dining 12:00 500 Cards/Bunco 12:45 Good Neighbors 1:00 Spanish 1:00 Shopping/Riverdale Cub TBA	4 Mary T. Footcare 9:00 Goldentones 9:15 Crochet & Knit 10:00 Dining 12:00 Pinochle 12:30 Bingo 12:45 Woodcarving 1:00 Spanish 1:00 JFK Series 1:30 New Beg. Spanish 2:15	5 Live 2B Healthy 8:30 For Art's Sake 9:30 Tai Chi 9:30 Super Senior Club 10:00 Yoga 10:15 Hand & Foot 12:15
8 Live 2B Healthy 8:30 Mary T. Footcare 9:00 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00 Tai Chi 3:20	9 Taxes 8:30-12:00 AA Meeting 9:30 ACCAP Counselor 10:00 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Cribbage 1:00	10 Taxes 8:30-12:00 Vets Coffee 8:30 Live 2B Healthy 8:30 Stamping Club 9:00 Dining 12:00 500 Cards 12:45 Bunco 12:45 Good Neighbors 1:00	11 Crochet & Knit 10:00 Paramount Trip 10:15 Dining/Valentine Party 11:00 Pinochle 12:30 Snowflake Bingo 1:00 Woodcarving 1:00 Parkinsons 1:00 JFK Series 1:30	12 Live 2B Healthy 8:30 Scenic Swans 9:30 For Art's Sake 9:30 Tai Chi 9:30 Yoga 10:15 Hand & Foot 12:15 Shopping/Aldi's TBA
15 <div>CLOSED FOR PRESIDENT'S HOLIDAY</div>	16 Taxes 8:30-12:00 Square Dancing 9:30 AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Cribbage 1:00	17 Taxes 8:30-12:00 Vets Coffee 8:30 Live 2B Healthy 8:30 Hinckley Casino 9:00 Stamping Club 9:00 Dining 12:00 500 Cards 12:45 Bunco 12:45 Good Neighbors 1:00 Spanish 1:00 Tea Talk 1:00	18 Crochet & Knit 10:00 Plymouth Playhouse 11:00 Dining 12:00 Bingo 12:45 Woodcarving 1:00 Pinochle 12:30 Spanish 1:00 JFK Series 1:30 New Beg. Spanish 2:15	19 Live 2B Healthy 8:30 Scenic Swans 9:30 For Art's Sake 9:30 Tai Chi 9:30 Yoga 10:15 Hand & Foot 12:15 Shopping: Andover Walmart TBA
22 Defensive Driving 8:30 Live 2B Healthy 8:30 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 The Crusades 1:00 Creative Writers 1:00 Tai Chi 3:20 Out to Dinner 4:30	23 Taxes 8:30-12:00 AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Cribbage 1:00	24 Taxes 8:30-12:00 Vets Coffee 8:30 Live 2B Healthy 8:30 Stamping Club 9:00 Dining 12:00 500 Cards 12:45 Bunco 12:45 Good Neighbors 1:00	25 Goldentones 9:15 Crochet & Knit 10:00 Book Club 10:30 Dining 12:00 Pinochle 12:30 Bingo 12:45 Genealogy 1:00 Woodcarving 1:00 JFK Series 1:30	26 Live 2B Healthy 8:30 Feed Children 9:00 Scenic Swans 9:30 For Art's Sake 9:30 Tai Chi 9:30 Yoga 10:15 Hand & Foot 12:15
29 Defensive Driving 8:30 Live 2B Healthy 8:30 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00 Tai Chi 3:20	<div>  </div>			

## SERVICES

**OUTREACH SERVICE:** Patty Marz, with the Anoka County Community Action Program (ACCAP) will now have office hours at the Coon Rapids Senior Center. She can connect seniors with resources in the community to help them remain in their own home as long as possible. She can help with assistance for food support, housing, health care programs, energy assistance, or other questions regarding resources in the community. Stop in on the 2nd Tuesdays of each month between 10:00 a.m. and Noon. Or contact Patty at 763-783-4741.

**AA MEETINGS:** People of all ages are welcome to attend the weekly meeting on Tuesdays at 9:30 a.m.

**CHORES & MORE:** Happy New Year to everyone. Hopefully the New Year will bring much happiness to you and yours. Our program changed as of January 1, 2016 in that our clients will now pay our program for services monthly instead of paying the workers directly. During the transition things might be a little confusing please call our office if you have questions. Our program assists with housekeeping, grocery shopping, seasonal outdoor chores, and minor home repairs for adults over the age of 60. Help to those qualified is based on worker availability. We do have subsidy for those in need this is based on income qualifications and service requested. We are currently looking for independent contractors, and volunteer groups or individuals to assist with different projects for the seniors in Anoka County. If you know of anyone interested please have them contact us. If you also have questions about the program give Nancy or Char a call at 763-783-4767, ACCAP Chores & More 1201 89<sup>th</sup> Ave. N.E., Blaine, MN 55434. Email: [nshaw@accap.org](mailto:nshaw@accap.org). Funding support is provided by: Metropolitan Area Agency on Aging, Inc. as part of the “Older American Act”, Anoka County, ACCAP, and Private & Public Donations.

**COUNSELING:** Experiencing sadness or worry? Feeling overwhelmed with stress? Talking with someone who specializes in older adult issues can be helpful in addressing life’s challenges such as the death of a loved one, health problems, or a recent move. Therapist, Caroline Johnson, MSW, LICSW (from Volunteers of America—MN Senior Mental Health Services), helps adults, 55 and older, navigate life’s challenges through age-specific mental health counseling. Services are covered by Medicare, Medical Assistance, and most major health insurance plans. For more info or to make an appointment, please call (763) 225-4054 or check us out at [www.smhvoamn.org](http://www.smhvoamn.org). Appointments held at the Senior Center.

**eBOOK HELP!:** You can get free eBooks from the Anoka County Library at [anokacountylibrary.org](http://anokacountylibrary.org). Sign up for a free, one-to-one, thirty minute afternoon appointment and learn how to download the books by calling the center. A representative from the Library will meet with you at the Senior Center and show you how it works with your device (iPads, iPhones, Androids, Laptops and Kindle). Bring your device, your device ID and password and your library card and PIN (if you have one). First Tuesday of the month.

**HEALTH INSURANCE COUNSELING:** Get help with Medicare questions, choosing or changing supplemental carriers, prescription drug cost options, Medicare billing questions, and more! To schedule a free individual appointment, please call the Senior Linkage Line at 1-800-333-2433. The insurance counselor will meet you at the Senior Center. This program is not associated with any insurance company and is made possible by the Metropolitan Area Agency on Aging and the Senior Linkage Line.

**TRANSPORTATION:** Did you know that we have bus transportation to and from the Senior Center for Coon Rapids residents? The suggested donation is 75 cents each way. Please call Cindy at (763) 767-6473 if you would like more information!

**GROCERY SHOPPING TRIPS:** Take the Coon Rapids Senior Center Bus shopping. You can shop for 75 minutes. The cost is \$3 round trip. Reservations need to be made at least **two days** in advance by calling Cindy at (763) 767-6473. See calendar for dates and stores.

## VOLUNTEER OPPORTUNITIES

**VOLUNTEER VAN DRIVERS ARE NEEDED AT THE SENIOR CENTER!** Call Cindy at 763-767-6518 if you are interested!

**RED CROSS BLOOD DRIVE AT THE COON RAPIDS SENIOR CENTER ON MONDAY, FEBRUARY 1.** Call (651) 291-4607 for an appointment.

**FEED MY STARVING CHILDREN, FRIDAY, JANUARY 22 AND FEBRUARY 26:** Pack meals for children around the world! Volunteers need to stand for two hours, although there are some sitting positions. Wear close-toed shoes. No jewelry allowed. If you are ill or have any food allergies, you are asked not to attend. Meet the group by 9:30 a.m. at their building located at 401 93rd Ave in Coon Rapids. To sign up, call Senior Services at (763)767-6473. If you need to cancel, please call the center.

**TAX VOLUNTEERS** are needed to serve in the Anoka County area!! Training and equipment provided. If you are at all interested, please call Barbara at 763-571-6183.

**STORE TO DOOR** is in need of Volunteer Order Takers. It involves taking grocery orders over the phone and entering it on to a computer. This task can be done from home as long as you have internet. Call Carolyn Swenson at (651) 642-1892 for more info.

## THINGS TO DO



### WATERCOLOR CLASS

**TUESDAYS, January 5, 12, 19 & 26  
1:00 P.M.—4:00 P.M.**

Bring your enthusiasm and learn this fun, spontaneous and versatile medium. Join instructor Helen Smith as she teaches you basic watercolor painting and techniques. No experience necessary—only your desire to learn. Paper and some materials will be provided. A supply list for other items can be picked up when you register or you can request one to be mailed to you. Cost for all four sessions is \$60.00. Does not include the cost of items on the supply list. Payment is due **Thursday, December 31**. A sample of the WINTER LANDSCAPE is on display at the Senior Center. **Sign up immediately. Space is limited.**

### BOOK CLUB

Everyone is welcome to join the Book Club on the 4th Thursday of the month at 10:30 a.m. After the meeting, lunch at a local café is optional. No sign up needed.

January— **The Girl on the Train** by Paula Hawkins

February—**Pelican Brief** by John Grisham

### VETS COFFEE

Come join other Vets for coffee, snacks, conversation and visiting. Every Wednesday morning 8:30 a.m.—10:00 a.m.  
**All Vets Welcome!**

### SPANISH CLASSES

**Coon Rapids Senior Center at 1:00 p.m.**  
1st & 3rd Wednesdays at 1:00—Advanced/Intermediate Class  
1st & 3rd Thursdays at 1:00—Second Year Class  
1st & 3rd Thursdays at 2:15—**New** Beginner Class  
No cost to attend. No reservation needed.

## TAKE NOTE

### VOICE OF EXPERIENCE DELIVERY METHODS

Please note that there are four ways to receive your Voice of Experience Senior Newsletter:

1. Online free at the City of Coon Rapids Website [www.coonrapidsmn.gov](http://www.coonrapidsmn.gov)
2. Emailed free to your email address
3. Pick up a free copy at CRSS
4. Mailed to your address (a donation of \$10.00 per year is suggested).

### COLLECTION SITE

Did you know that the Senior Center collects the following items?

- ♦ Hotel Samples of soap, shampoo, lotions, toothbrushes and toothpaste go to International Health Service of MN who, in turn, sends it to Honduras.
- ♦ Used eye glasses go to the Lions Club and are refurbished and distributed around the world.
- ♦ Box Tops for Education, Kemp's milk lids, Campbell's Soup Labels and printer cartridges go to Hamilton Elementary for school supplies.
- ♦ Hygiene products, batteries, and gift cards go to Stepping Stones (shelter for young homeless adults).

### PARKINSON'S SUPPORT GROUP COON RAPIDS SENIOR CENTER

**THURSDAY, JANUARY 14 AT 1:00 P.M.:** The Coon Rapids Parkinson's Support Group will be meeting from 1-2:30pm at the Senior Center. The speaker will be Teri Wiege, pharmacist at Walmart in Andover. Her topic is Parkinson's Medications (to be avoided or used with caution). Prior reservations are not required and there is no cost to attend. Coffee is provided.

**THURSDAY, FEBRUARY 11 AT 1:00 P.M.:** Speaker to be announced.

**Everyone Welcome. Coffee Provided.**

Questions? Feel free to contact Facilitator Milo Hartmann (763) 755-2175.

### THANKS TO ALL THE VOLUNTEERS

### WHO HELPED MAKE OUR BAZAAR A HUGE SUCCESS!

Mable Auch	Willard Auch	Ruth Berg	Gloria Cargill	David Davis
Jan Disrud	Marlyce Dorff	Annette Edstrom	Gene Erickson	Forest Fout
Karen Graham	Wanda Green	Kathy Gunerius	Lavonne Hayes	Betty Hoselle
Gary Kemmetmueller	Floyd Kusie	Doris Ledon	Arlene Lukins	Dottie Lund
Helen Marinan	Irene Mattson	Mary May	Shirley Mosher	Jolene Nieman
Sharon Norman	Dorothy O'Connor	Barbara Olson	Bernice Olson	Jill Olson
Jenny Oreschnick	Darlene Otness	Pat Pasiewicz	Ellen Peterson	Bob Powell
Jordie Powell	Rae Raveling	Margie Rosendahl	Evelyn Schluter	Mary Schmitt
Grace Schrunck	Judy Schuler	Helen Steffen	Diane Strandberg	Cindy Sullivan
Mary Tucker	Joyce Ulmer	Carol Voelker	Roland Voelker	Vern Waldner
Gloria Waskey	Beth Weber	Karen Whitesell	Arlene Wilson	Sherri Ziegler

# **SUPER SENIOR CLUB**

## **LETTER FROM THE PRESIDENT**

2016 Already? - Time sure flies when you're having fun! We hope everyone had a great Holiday!

The annual Bazaar held November 5th was a big success. The total amount of money raised was \$3,357.46. Thanks to everyone who baked, donated items, made items, set up, or cleaned up at the Bazaar. A special thanks to Senior Services for all of your help on the scene and behind the scenes. A list of volunteers can be found on the preceding page! **Thank You ALL!**

At the November meeting, we welcomed two new members, Betty Hoselle and Jenny Oreschnick. We look forward to your being part of the club.

Grants approved in November: Hamilton Elementary School, two grants to buy some basic clothing necessities that are badly needed by the children. Another grant was voted on to be given to River Trails Learning Center to fund their school carnival for special needs children and families. The last grant approved at the meeting was for the food shelf at Roosevelt Middle School.

As Joyce Ulmer takes on the shared Secretary position in January, Sharon Norman will take care of the Attendance Book, ensure members are signed in at meetings and coordinate prize drawings. Thanks Sharon!

After saying good-bye to those hard-working ladies, Mary Mika and Helen Swaim, who have made coffee, served our goodies and cleaned up after meetings for years, Margie Rosendahl, Helen Steffen, and alternate Mary Schmitt have volunteered to do these tasks. We appreciate you ladies! You know how we look forward to our coffee and goodies.

Mary Tucker is looking for someone to work with her as a Co-Manager of the gift Shop. Please contact her if this is something you're interested in doing: Mary Tucker 763-755-2729.

Installation of Officers will take place at our first meeting on January 8. Congratulations. New Officers are: President Bernice Olson, Vice President Forest Fout, Secretary Joyce Ulmer (notes) and Lavonne Hayes (typing), and Treasurer Dorothy O'Connor. Board of Directors includes existing Chairperson Bill Reichenborn and existing members Lavonne Hayes, Jordice Powell, Helen Steffen and Gloria Waskey and new member Sherri Ziegler. Trustees are existing members Bob Powell, Margie Rosendahl, Mary Schmitt and Mary Tucker and new member Dorothy O'Connor. Chairperson to be determined.

Dues for 2016 should be paid by the end of January. It can be paid at the meetings or simply stop by the gift shop Monday through Wednesday between 10:00 and 12:00 to make your payment.

To join the Super Senior Club, simply pop into a meeting held the first Friday of each month at 10:00 a.m. Be sure and pick up a brochure at the Gift Shop and read about us.

Our first meeting in 2016 will be January 8th, with the Bazaar recap meeting at 9:00 a.m. Anyone wanting to be a coordinator, chairperson or be part of next year's Bazaar in some way or has any input, ideas, or changes they would like to see implemented is welcome to come. The February meeting is February 5th with entertainment by the Walker Plaza Singers.

**Sherri Ziegler, (Out-going) President**



## COMMUNITY CORNER

**SENIOR SURF DAY:** Seniors are invited to a FREE session at the Northtown or Rum River Libraries on how to use a computer and surf the internet. Registration required! The Northtown Library offers their sessions on the 3rd Friday of the month, 9:30-11:30 a.m. Call (763) 717-3267. The Rum River sessions are on the 1st Wednesday of each month from 1:00-3:00 p.m. Call (763) 576-4695 for a reservation.

**SENIOR DANCES/LIVE MUSIC:** Coon Rapids American Legion, 11640 Crooked Lake Blvd from 1:00-4:00. 2nd Wednesdays. Call 421-6260 for more information.

**8TH ANNUAL  
HEALTH & WELLNESS FAIR  
SATURDAY, FEBRUARY 6  
10:00 A.M.—1:00 P.M.  
Everyone Welcome.  
Everything Free.  
Exhibitors \* Drawings \*  
Lunch \* Book Swap  
Peace Lutheran Church  
20 Northdale Blvd  
Coon Rapids, MN 55448  
763-757-4459**

**THANK YOU VFW POST 9625 AUXILIARY:** Special thanks to the VFW Auxiliary for hosting over 30 years of VFW Holiday Dinners. Besides receiving a delicious turkey dinner, this event gives the senior community a chance to sit down, visit with friends, enjoy some entertainment and be pampered by the Auxiliary women. We appreciate it!

## TAKE NOTE

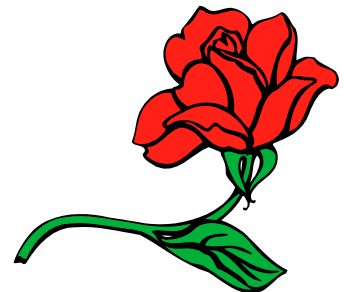
**SCENT FREE ZONE-**When visiting the Senior Center, please keep in mind that some seniors are sensitive (and even have allergies) to perfumes and scented products. Thank you!



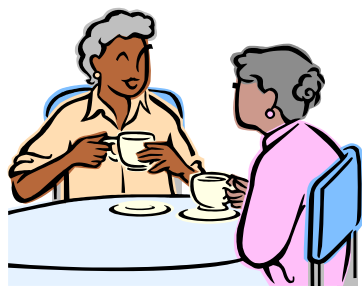
We Love Our  
Volunteers!

## IN OUR THOUGHTS...

We extend our thoughts and prayers to the friends and family of those who passed away recently including Tony Blake, Dan Chartraw, Nathalie Fracassi, Kathryn Hamm, Betty Kobs, Elaine Langton, Les Orton, Bette Rinke, John Ruhl, Lee Tate and Bob Zwicky.



# VOLUNTEERS OF AMERICA SENIOR DINING



OPEN: 9:00 A.M.—1:00 P.M. MONDAY—THURSDAY  
LUNCH SERVED AT: 12:00 NOON  
SUGGESTED DONATION: \$4.00 (with NAPIS form on file)  
(Under 60 years old is \$7.00)  
CALL: (763) 767-6524 by noon, **AT LEAST** three business  
days in advance, (does not include Fridays) for a reservation.  
Current NAPIS form must be on file to participate.

## BIRTHDAY CELEBRATIONS

Join us as we celebrate birthdays! Live entertainment begins at 11:00 a.m. Then enjoy a delicious meal including Birthday Cake with Ice Cream. Yummy! Our Birthday guests will get to put their name in a drawing too. Thanks to Culvers of Coon Rapids, Land O' Lakes and the Coon Rapids Super Senior Club for donating prizes. Suggested donation for this event is \$4.00 and can be paid upon arrival! Everyone is welcome to join us by making a reservation at least three business days in advance by noon by calling (763) 767-6524. Don't miss out on the fun!

**WEDNESDAY, JANUARY 27**

**KEVIN WEGMAN**

**Good, old-fashioned  
country music!**

*Register no later than noon on  
Thursday, January 21*

**WEDNESDAY, FEBRUARY 24**  
**ACCORDION FUN CLUB**  
**10 accordion players!**

*Register no later than noon on  
Thursday, February 18*

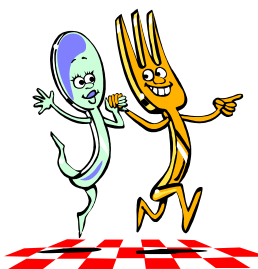
## VALENTINES DAY PARTY THURSDAY, FEBRUARY 11

Wear some red or pink, listen to old love songs and enjoy a delicious meal. Please be seated by 11:00 a.m. to enjoy the Goldentone's performance! At noon, we'll enjoy a tasty lunch (menu to be announced). The suggested donation is \$4.00 payable at the door. This is a wonderful day to celebrate love and friendship, so bring your sweetheart, a neighbor, a friend or family member! Call (763) 767-6524 before noon on Monday, February 8, to make your reservation!



## COME ON IN!

Everyone is welcome to join us at Senior Dining for a good meal and good company! We always have a daily newspaper and hot coffee. Just make your reservation at least three business days in advance. Keep in mind that we're closed on Fridays. Suggested donation is \$4.00 and that includes milk, coffee and dessert! The best deal in town! We would love to have you join us!



## VOLUNTEERS NEEDED!

Senior Dining needs assistance setting tables, scooping, serving and running the dishwasher. If you would like to help with any of these tasks, please contact Betty at 763-767-6524.

Menus are available in the brochure rack next to the Senior Center information counter!



11155 Robinson Drive  
Coon Rapids, MN 55433-3761

ADDRESS SERVICE REQUESTED

**Need to be removed from  
our Mailing List? Call us  
at (763) 767-6473.**

## **COON RAPIDS SENIOR SERVICES: (763) 767-6473**

**OFFICE HOURS: MONDAY-FRIDAY 8:00 A.M.—4:30 P.M.**

**PROGRAM SPECIALIST—KRIS NIEBLER (763) 767-6473**

**PROGRAM ASSISTANT—CINDY OLSON (763) 767-6473**

**SENIOR DINING PROGRAM —BETTY FOUST (763) 767-6524**

**FACILITY RENTAL—LORI ANDERSON (763) 767-6522**

*Coon Rapids Senior Services is made possible through the continued support of the City of Coon Rapids.*

## **2016 DESSERT & COFFEE CONCERTS**

Concerts begin at 7:00 p.m. at the Coon Rapids Senior/Civic Center, 11155 Robinson Drive. Enjoy an evening of music, dessert and beverage—all included in the admission. Seniors (65 and better) and children (12 and under) are \$6.00, other adults are \$8.00. Receive a \$4.00 discount when you purchase all four concert tickets. Advance ticket sales are available at the main receptionist desk in the center of City Hall. Tickets can also be purchased at the door on the night of the event (unless it is sold out in advance). Call (763) 767-6493 for more info. Sponsored by the Coon Rapids Arts Commission.



Thursday, January 7:

Thursday, February 11:

Thursday, March 17:

Thursday, April 7:

**Church of Cash** (Johnny Cash Tribute)

**Maurice Jacox & Accompaniment** (*Nat King Cole*)

**Locklin Road** (*Celtic*)

**The Bill & Tom Show** (*Variety*)